How to Hand Rub

Apply a dime-sized amount (2-3 ml) of product into palms of dry hands
Rub product into hands palm to palm
Rub fingertips of each hand in opposite palm
Rub between and around fingers

Rub hands for 15 seconds

Rub each thumb clasped in opposite hand
Rub back of each hand with opposite palm
Rub hands until dry before performing another task

DO NOT WIPE OFF.

Remember to practice the 4 moments of hand hygiene:

1. BEFORE initial patient, resident, client (PRC) or environment contact
2. BEFORE aseptic/clean procedure
3. AFTER body fluid exposure risk
4. AFTER PRC/PRC environment contact

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How to Hand Wash

Wet hands under warm running water

Apply soap and distribute over hands

Rub hands together to create a good lather: Palm to palm

Rub fingertips of each hand in opposite palm

Lather and rub hands for 15 seconds

Rub between and around fingers

Rub each thumb clasped in opposite hand

Rub back of each hand with opposite palm

Rinse hands thoroughly under warm running water. Pat hands dry with a paper towel

Turn off faucet using a paper towel

Your hands are now clean

Remember to practice the 4 moments of hand hygiene:

1. BEFORE initial patient, resident, client (PRC) or environment contact
2. BEFORE aseptic/clean procedure
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